

FULL MOONS, GROUNDING & DISCIPLINE

What Our
Ancestors
Knew And
We Forgot



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PREFACE

Across cultures, continents, and epochs, human beings have watched the Moon. Long before telescopes, calendars, or algorithms, the Moon was a **clock**, a **teacher**, and a **mirror**.

But it was never a savior.

THE 1ST TRUTH: THE MOON DOES NOT ACT — IT REVEALS

A Full Moon does not *cause* chaos, madness, awakening, or miracles.
It **exposes** what is already present.

This is why our ancestors approached the Full Moon with **sobriety**, not frenzy.

- What is disciplined becomes clearer
- What is hidden becomes visible
- What is unresolved becomes uncomfortable

The Moon amplifies. It does not forgive negligence.

In Ewe understanding — and across much of Afrika — natural forces were not romanticized. They were **respected**.
No river was assumed gentle. No fire was assumed kind. No moon was assumed benevolent.

Power was neutral. Human conduct determined outcome.

THE 2ND TRUTH: EXCESS SPIRITUALITY IS A SIGN OF IMBALANCE

When societies lose grounding, they replace **practice** with **performance**.

This is how Full Moons became:

- Nights of endless rituals
- Emotional dumping grounds
- Excuses for irresponsibility
- Moments of borrowed identity

But ancestral systems worked differently. The Full Moon was a **checkpoint**, not a playground.

Elders observed:

- Who was becoming erratic
- Who was speaking too much
- Who was sleeping poorly

- Who was seeking signs instead of order

Too much excitement around the Moon was considered a **warning sign**, not enlightenment.

When a person cannot stay grounded under brightness, darkness will scatter them completely.

THE 3RD TRUTH: GROUNDING IS THE HIGHEST SPIRITUAL ACT

Modern spirituality talks endlessly about “raising vibration”, “opening portals”, and “activating light”.

Ancient wisdom focused on something far less glamorous:

Can this person be trusted with power?

Grounding meant:

- Stable routines
- Predictable character
- Emotional regulation
- Clear speech
- Respect for rest
- Alignment between words and actions

A grounded person did not need constant ritual. Their **life itself** was the ritual.

This is why elders feared the undisciplined visionary more than the ignorant skeptic.

Vision without grounding destroys communities.

THE 4TH TRUTH: DISCIPLINE WAS CYCLICAL, NOT PUNITIVE

Our ancestors did not punish themselves to be spiritual. They **regulated** themselves.

The Moon taught rhythm:

- Waxing → building
- Full → seeing
- Waning → releasing
- Dark → resting

Grounding often followed intensity.

After strong periods of spiritual focus:

- People worked the land



- Cleaned compounds
- Repaired tools
- Rested bodies
- Reduced speech

No constant invocation. No obsession with signs.

Rest was obedience.

Silence was wisdom.

THE AFRIKAN & EUE LESSON

Afrika does not suffer from lack of spirituality.

It suffers from **lack of discipline**.

Eue Duko does not lack rituals, chants, or stories.

It lacks **consistency, structure, and grounded leadership**.

A people cannot reclaim power through excitement.

A culture cannot be restored through noise.

A lineage cannot be healed through constant reaction.

What is needed now are **grounded men and women** who:

- Can sit with intensity without acting foolishly
- Can release without collapsing
- Can lead without spectacle
- Can rest without guilt
- Can build without applause

The Moon will keep rising. Cycles will keep turning.

The question is not what the Moon is doing.

The question is:

Are we disciplined enough to meet it properly?

CLOSING ANCESTRAL REMINDER

The ancestors do not walk with the loudest voices.

They walk with the most **ordered lives**.



Ground yourself. Release excess.

Build quietly.

That is how power survives generations.

Dagbe.

Tɔgbɛɲɔ Amlima Mawuvi

Master of Return, Womb-son of the sacred Fire!

👍 Author's Note

***“Afrika does not suffer from lack of spirituality.
It suffers from lack of discipline.”***

#BeAfrikanNow



This is the **code**! Share this message, be part of the reset!

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